

Scott Spouses Newsletter

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Military Phone Card Donation Program Goes Public

The Department of Defense announced today that any American can now help troops in contingency operations call home. The Defense Department has authorized the Armed Services Exchanges to sell prepaid calling cards to any individual or organization that wishes to purchase cards for troops who are deployed. The "Help Our Troops Call Home" program is designed to help servicemembers call home from Operations Iraqi Freedom and Operation Enduring Freedom.

For those wishing to donate a prepaid calling card to a military member may log on to any of the three Armed Services Exchange web sites: the Army and Air Force Exchange Service <http://www.aafes.com/>, the Navy Exchange Service Command <http://www.navy-nex.com/>, and the Marine Corps Exchange <http://www.usmc-mccs.org/>. Click the "Help Our Troops Call Home" link.



From there, a prepaid calling card may be purchased for an individual at his or her deployed address or to "any service member" deployed or hospitalized. The Armed Services Exchanges will distribute cards donated to "any service member" through the American Red Cross, Air Force Aid Society and the Fisher House Foundation.

The Armed Services Exchanges operate telephone call centers in Iraq, Kuwait, Afghanistan, and other countries and aboard ships -- anywhere servicemembers are deployed in support of Operation Enduring Freedom and Operation Iraqi Freedom. All of these locations stay busy around the clock to keep up communication between deployed troops and their loved ones. The cards available through the "Help Our Troops Call Home" program offer the best value for calls made from the call centers, never expire, and there are no

added charges or connection fees.

Individuals and organizations also can show their support to deployed troops and their families with gift certificates. The "Gift of Groceries" program allows anyone to purchase commissary gift certificates at <http://www.commissaries.com> or by calling toll free 1-877-770-GIFT. The Armed Services Exchanges offer the "Gift From the Homefront" gift certificate for merchandise at these exchange web sites: <http://www.aafes.com> and <http://www.navy-nex.com> or by calling toll free 1-877-770-GIFT. Gift certificates may be purchased to be mailed to servicemembers and family members or will be distributed to "any servicemember." Only authorized commissary and exchange patrons may redeem the gift certificates at military commissaries and exchanges, including those stores supporting deployed personnel around the globe.

From the Department of Defense News Releases at www.defenselink.mil/releases/2004/nr20040423-0646.html.

The Promise of Better Days: *by Mary Anne Radmacher*

Speak quietly to yourself & promise there will be better days.

Whisper gently to yourself and provide assurance that you really are extending your best effort.

Console your bruised and tender spirit with reminders of many other successes.

Offer comfort in practical and tangible ways—as if you were encouraging your dearest friend.

Recognize that on certain days the greatest grace is that the day is over and you get to close your eyes.

Tomorrow comes more brightly...

Need a Job? IMPACT JEMS Jobs/Employment for Military Spouses

IMPACT JEMS is a program conducted jointly by the Department of Defense, the Scott Air Force Base Family Support Center and The IMPACT Group to provide Jobs/Employment for Military Spouses.

Through this program, businesses in the Scott AFB area are waiting to hire you because you are a military spouse. Why? Because they believe it is important to support military families in the community. And because they know you are the kind of hard-working, intelligent, principled, capable person they want as a member of their team.

The program is a free service (no charge) to both employers and military spouses. For more information visit us online today at www.impactjems.com or call 1-800-30-IJEMS.

What can IMPACT JEMS do for you?

- Help you find a job in the Scott AFB area
- Ease your difficulty in adapting to your new home
- Reduce your loss of income due to relocation by shortening the length of your job search
- Help you use your military family resources to the fullest
- Put the expertise of The IMPACT Group to work for you

How can the Scott AFB Family Support Center help?

The FSC provides a wide range of family services to include helping military spouses with résumé preparation, interviewing, negotiation, and identification of personal skills and interests. The FSC Employment Resource Center also has computer and Internet access for military spouses among its many offerings.

Contact the Scott AFB Family Support Center at 618-256-8668, stop by Building 1930 (next to Pronto Pizza), or e-mail familysupportcenter@scott.af.mil.

What is the IMPACT Group?

The IMPACT Group is the industry leader in worldwide career/life transition assistance. We have helped spouses from over 200 major global corporations with relocation. Now we are helping the Department of Defense and using our expert knowledge to help you.



Frequently asked questions

Q: How much will this service cost me?

A: All IMPACT JEMS services are free to you, the military spouse.

Q: Does my spouse have to be in the Air Force for me to join?

A: No. Spouses of all military services are welcome to join IMPACT JEMS.

Q: Does my spouse have to be assigned to Air Mobility Command?

A: No. Spouses of military members assigned to any unit at Scott AFB are welcome to join IMPACT JEMS.

Q: My spouse is a reservist; may I join?

A: No. IMPACT JEMS is only open to the spouses of active-duty military members assigned to Scott AFB.

Q: What if my spouse has been assigned to Scott AFB for a long time and I need a job?

A: You are welcome to join IMPACT JEMS no matter how long you have been here.

Q: Am I guaranteed a job if I join IMPACT JEMS?

A: IMPACT JEMS is here to accelerate your job search and position you for success. However, we cannot guarantee job placement.

Operation Homefront and Operation Protector Bear

The mission of Operation Homefront is to provide assistance with day-to-day issues for military families so that deployed service members are not preoccupied by the crisis at home and can focus on the War Against Terrorism.

Operation Homefront provides assistance to families of deployed service members in the following areas:

- Crucial car repair assistance
- Home & appliance repair
- Refurbished internet computers
- Moving & transportation assistance
- Furniture
- Food distribution
- Children's items

All military families of deployed military members requiring assistance may access services through their base chaplain office. Please see the links to your community from the main website at www.operationhomefront.net since the services differ in each community.

Operation Protector Bear is a promotion being offered through the Illinois/Missouri—St. Louis chapter of Operation Homefront.

The Protector Bear is a plush brown teddy bear with a camou-

flaged vest. Inside the vest is a small note written to the child from the deployed parent.



If you are a military member, with children age 16 or younger, you can fill out a request form to get your free

Protector Bear by visiting www.operationhomefront.net/StLouis/bear.shtml. You must be within 30 days of your deployment date, show valid military ID and provide a copy of your TDY orders.

Moms, Pops, and Tots Playgroup

Moms, Pops, and Tots is a playgroup for parents and their children ages 5 and under. It meets at the Teen Center (building 386) every Thursday from 9:30AM-10:30AM. A monthly field trip in the local area is organized by the parents on the last Thursday of each month. Activities planned for the month of May are:

- **6 May—Free play!** We'll be playing in the gym today and also celebrating May birthdays. If your child has a birthday this month, you may bring a treat to share with the others.
- **13 May—Storytime and craft!** The folks from the library will be coming to read us some stories and

do an easy, fun craft with us. If your children are too young to want to sit for a story, they are welcome to play in the gym instead. Storytime will be in the adjacent room.

- **20 May—Playful Harmonies!** It's music day with teacher Kathleen. Be ready to sing songs, dance, and have fun with your children.
- **27 May—Field Trip!** Museum of Transportation's Creation Station Education Center. The Creation Station focuses on preschool-aged children and is a place for minds in motion. It is an area where children can experience transportation-related activities and learn from play.

For more information please contact:

Rosalind Anglin, Program Coordinator
Red Cross Volunteer
cirusroz@hotmail.com
Office hours: T & Th 9:30AM-1:30PM
(618) 256-7203

Lisa Reynolds, Snack Coordinator
lisamikeemma@myrealbox.com

Kay Balzano, Field Trip Coordinator
johnandkay66@charter.net

Ella Duncan, Family Advocacy Outreach Manager
ella.duncan@scott.af.mil
(618) 256-7203

Operation Hero Miles

About Operation Hero Miles

"Operation Hero Miles" was started by Congressman Dutch Ruppersberger of Maryland's 2nd Congressional District. Soldiers on R & R or emergency leave from Iraq or nearby countries fly into Baltimore Washington International Airport, then have to pay their own way to see their families. "Operation Hero Miles" communicates information to the American public, the troops and their families about the airline donation programs so these soldiers can see their families and loved ones as soon as possible.

The website, www.heromiles.org, will serve as a clearinghouse for information for members of the military, their families, Members of Congress, the airlines, and frequent flyers who wish to donate miles.

How Soldiers Can Get Tickets

Commanders who approve Emergency Leave for a Soldier, Airman, Marine or Navy personnel will coordinate with the family support center of each branch of the military to determine the availability and need for Hero Miles tickets. Family members seeking assis-

tance to be with a wounded soldier are encouraged to contact the Fisher House (www.fisherhouse.org) to formally request tickets or housing.

Each participating airline is working with the military to provide tickets to our troops so they can fly home on their R & R or emergency leave. The rules and procedures for transferring miles to the Department of Defense are set by each airline, and will vary from airline to airline.

In general, soldiers should check with their command for ticket eligibility. Unfortunately, many more soldiers need tickets than are available, so tickets will usually be made available to those with the greatest need or the most severe financial burden, or at random.

Alaska Airlines free ticket program starts on November 1st, 2003 and currently ends on September 30, 2004. The Combined Forces Land Component Commander (CFLCC) will administer the use of donated miles for eligible members of the U.S. Armed Forces stationed in Iraq.

Delta Airlines free ticket program starts on November 1st, 2003 and currently ends on September 30, 2004. El-

igible soldiers stationed in Iraq will be selected by the Combined Forces Land Component Commander (CFLCC) to receive round-trip award tickets once a month.

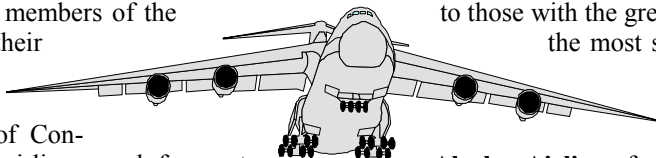
Southwest Airlines allows Rapid Rewards tickets to be donated to the troops; partial awards credits cannot be donated. Eligible soldiers stationed in Iraq will be selected by the Combined Forces Land Component Commander (CFLCC) to receive round-trip award tickets.

How to Donate Your Miles

Eight airlines are currently participating in "Operation Hero Miles:" AirTran, Alaska, American, Frontier, Midwest, Pan Am, Southwest, and United. Visit www.heromiles.org/donate.html to find airline-specific information about donating your miles.

If information for an airline is not listed, please contact your frequent flier program directly on the phone or the web and ask for information regarding their program to provide mileage for our troops. If they have not yet started a program and joined "Operation Hero Miles", please encourage them to do so.

Excerpted from www.heromiles.org.



Post-Deployment Safety Tips

Statistics indicate that a disproportionate number of mishaps occur during post-deployment periods. It is difficult to say the exact cause of this, but please remember the following basic safety rules as you celebrate the return of loved ones:

- Don't drink and drive. If you do drink, call someone who can help you out such as your first sergeant, or contact Armed Forces Against Drunk Driving (AFADD) at 618-420-0577 for a safe ride home.
- Wear your seatbelts/helmets at all times and regardless of distance to travel
- Plan trips to avoid fatigued driving.

Follow these simple rules and have a fun and safe reunion.

Back to School Physicals

Summer is quickly approaching and children need a school physical if they will be new students in a school district attending Kindergarten, 5th grade, or 9th grade in Fall 2004. Parents with children in daycare should make sure their children are up to date with shots and are in compliance with daycare policies.

Sports physicals are required for any child who will participate in a school sport. The sports physical must be accomplished before the activity begins.

In order to avoid a last-minute rush in early fall, School Physical Day will take place on 8 May. Please call the clinic to which your child is empanelled to schedule an appointment: Base hospital, 256-9355 or St. Elizabeth's, 256-7311.



Helpful Websites



Personal and Family Readiness Guide

http://www.seymourjohnson.af.mil/4fwunits/msg/mss/family_support_center/Text_Files/FR1.htm

Separations are a necessary and sometimes harsh reality for Air Force families. Temporary duty assignments and deployments require adequate preparation for the active duty member as well as the family in order for the mission to be accomplished.

This guide was prepared by the Seymour Johnson AFB Family Support Center to help prepare for separations. Most of the information deals with the practical aspects of separation. The emotional hardships that families experience are also discussed.

The guide is a thorough and informative tool for all military members and their spouses.

Playhouse Radio

<http://www.playhouseradio.com>

PlayhouseRadio.com is a new internet radio station for music-loving parents and their children ages 0-8. Whether parents are looking for songs to encourage their children to clean their room or a fun way to expose them to different cultures, Playhouse Radio provides families and children an exciting and safe way to seek out music.

Listeners will find hundreds of original songs—and complete lyrics—from all around the world in a variety of different genres and languages from which they can build their own personalized CDs. Kids can make their own soundtrack for a birthday party or pick out songs to hear on a long car trip.

Parents and children can also read up on their favorite PlayhouseRadio.com artists, as well as interact with them by e-mail and live internet chats.

Expeditionary Family Event Calendar for May 2004

Date	Event & Time	Location	Phone
7	Reunion Brown Bag Lunch, 1130-1230	Family Support Center	256-8668
9	Mother's Day Brunch	Scott Club	744-1333
10	Kids Klub, 1700	Scott Club	744-1333
14	Give Parents a Break	Child Development Center & Youth Ctr.	256-8668
14-16	Art on the Square	Belleville Public Square	239-9428
20	Key Spouse Meeting, 1800	Family Support Center	256-8668
21-22	Case Lot Sale	Commissary	256-2783

Note: Events in bold are specifically Expeditionary Family Events

This newsletter is a product of the Scott Integrated Delivery System (IDS) Team.

Find more helpful information on our website at <http://public.scott.amc.af.mil/375aw/ids/idscoreteam/>.